

Training Schedule
16 WEEKS
62 Mile Goal Distance

Week of	Purpose	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
WEEK 1	build	Off	11	Off	11	Off	23	Off	45
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 2	build	Off	12	Off	12	Off	25	Off	49
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 3	build	Off	14	Off	14	Off	27	Off	55
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 4	recovery	Off	12	Off	12	Off	25	Off	49
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 5	build	Off	11	Off	16	Off	27	Off	54
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 6	build	Off	12	Off	18	Off	30	Off	60
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 7	build	Off	10	Off	23	Off	33	Off	66
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 8	recovery	Off	9	Off	21	Off	30	Off	60
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 9	build	Off	10	Off	23	Off	33	Off	66
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 10	build	Off	11	Off	25	Off	36	Off	72
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 11	build	Off	12	Off	28	Off	40	Off	80
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 12	recovery	Off	11	Off	25	Off	36	Off	72
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 13	build	Off	12	Off	28	Off	40	Off	79
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									

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WEEK 14	build	Off	13	Off	31	Off	44	Off	87
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 15	build	Off	14	Off	34	Off	48	Off	96
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 16	taper	Off	7	Off	17	Off	24	Off	48
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									

GLOSSARY

- "base miles" Riding aerobically. Mileage for "base" rides is typically higher, but the intensity is lower. You should be able to speak in complete sentences and paragraphs; if not, you're breathing too hard - slow down. Base miles are often underrated, but they provide an essential foundation in training for the "Ride to Cure."
- "tempo" More intense than base miles (and therefore of shorter duration). A ride at "tempo" should be involve exertion such that you might speak in a complete sentence, but not complete paragraphs. It's not racing speed, but should be "in a hurry."
- "intervals" A shorter ride of concentrated hard work punctuated by repetitions of harder work. A separate flyer is provided on this site on how to build interval training sessions.